



Clay Community Health Happenings

Nancy J. Mills, Administrator

May 2011

904-529-2800

Clay County Health Department News

Quit Smoking NOW

An estimated 22% of all pregnant women smoke and while most of them quit or at least reduce their smoking during pregnancy, there is a high rate of resumed smoking after the baby is born.

The Northeast Florida Coalition has contracted with Northeast Florida AHEC (Area Health Education Center) to provide free smoking cessation services to pregnant women and family members of infants up to one year of age.

The program is called Quit Smoking NOW (QSN). It is a 6-session smoking cessation program developed by ex-smokers for those who want to become ex-smokers themselves. The students are given tools and information in a supportive group environment to help guide them through to a tobacco free life. Our common goal is for our babies to grow and thrive in a smoke free environment. Call 682-7081 to register.

Freedom 8K opportunity to support local Marine Sgt. John Hayes

Marine Sgt. John Hayes, an Orange Park High School graduate, husband and father of three young children,

recently lost both legs to a bomb while on patrol in Afghanistan. He is currently being treated at Walter Reed Medical Center. Two of his children attend Paterson Elementary School. Freedom Marathon, Inc. has given us the opportunity to support the Hayes family through the Freedom 8k Series™ race in Green Cove Springs on May 30th. This requires no fundraising effort on your part. All you have to do is spread the word. By simply registering online to run or walk the 8K, funds will be donated to the Hayes family. The goal is to get at least 200 people and more from the community to participate on behalf of the Hayes family to raise significant funds in this most difficult time.

How to register:

www.FreedomMarathon.org

- Click on "Register" for the Freedom 8K Series.
- Click on "Running for a Cause" and click on "John Hayes Fundraiser"

If you prefer to register via the paper entry form:

- Fill out the required information and write in "John Hayes Fundraiser". It can be mailed in to the address listed.

For other RiverFest events and activities go to:

www.MemorialDayRiverfest.com

Prudential-Davis Productivity Awards Program Recognition

Two projects involving the Clay County Health Department received recognition by the Prudential-Davis Productivity Awards Program. The first was a team submission by the clinical staff at the Clay County Health Department's Bear Run clinic. This project implemented "same day, next day" appointment schedules and a central scheduling process. This resulted in reducing the number of broken appointments or "no shows" at the Bear Run Clinic. Before the project, 25.4% of appointments were not kept by patients. After introducing same day-next day appointments, these broken appointments were reduced to 11.0%. Customer satisfaction increased because they had faster access to medical, nursing and laboratory services for patients. Delays for medical appointments were decreased from weeks to same day or next day clinic availability. Patients are able to have their medical conditions addressed in a timely manner, reducing the possibility of conditions increasing in severity. The process also balanced staff workload on a daily basis by reducing "work-ins" and "walk-



Clay County Health Department
PO Box 578
Green Cove Springs, FL 32043-0578





Nancy Mills, Administrator

Clay Community Health Happenings

May 2011

cont'd

ins" so that staff is more efficient. Finally eliminating no-shows increased the number of clinic visits by 15% without increasing staff expense.

The second project was a team submission recognizing the Baker/Clay Health Department dental collaboration. This effort, lead by the Baker County Health Department included the Clay County Health Department, Clay County Board of Commissions, and the Dental Society to establish a permanent dental office for the Medicaid and uninsured children in their county. There was a site being utilized one day per week by the Clay County Dental Society as a free clinic for adults that is located next to the health department in Green Cove Springs. Through research, collaborations, and determination this site was obtained rent free along with the equipment needed to provide quality dental care. The site was opened in May 2010, with the Baker CHD dental staff providing preventive and restorative care to eligible patients four days per week. Dental decay has been determined to be the number one problem in school age children for absenteeism. The treatment provided by the dental program ensures that a child is not absent or struggling in school due to oral health issues caused from not being able to receive proper dental care. This approach is

a winning solution for the child, parent and the school.

Since 1989, the Prudential-Davis Productivity Awards Program has recognized and rewarded Florida's state government employees whose work significantly and measurably increases productivity, and promotes innovation to improve the delivery of state services and/or saves money for Florida taxpayers and businesses. This major government improvement initiative is chaired by Florida's Lt. Governor Jennifer Carroll, and sponsored by Florida TaxWatch, The Florida Council of 100, and the State of Florida.

Recreational Water Illness & Injury Prevention Week

May 23-29, 2011 is Recreational Water Illness and Injury Prevention Week. Clay CHD observes this week to raise awareness about healthy and safe swimming, including ways to prevent recreational water illnesses (RWI) and injuries. RWIs are caused by germs that are swallowed, breathing in mists or aerosols, or by contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers or oceans. Chemicals in the water or chemicals that evaporate from the water can also be a cause of RWIs.

This year's theme is; "Prevent Swimmer's Ear", commonly known as otitis externa.

It is an infection of the outer ear canal. It can cause pain in swimmers of all ages. According to the Centers for Disease Control, swimmer's ear costs million of dollars yearly in hospitalization and doctor visit costs. Swimmer's ear is preventable.

Clay CHD encourages swimmers to:

- Keep ears as dry as possible, use bathing cap, ear plugs
- Dry ears thoroughly after swimming or showering
- Do not put objects in the ear canal (including cotton swabs, pencils, paperclips or fingers)
- Do not try to remove ear wax. Ear wax helps protect your ear canal from infection. If you think your ear canal is blocked, see your health care provider.
- Consult your health care provider about using ear drops
- Consult your health care provider if you have ear pain, discomfort or drainage from your ears

For more information on healthy swimming and RWI prevention:

www.cdc.gov/healthyswimming

www.cdc.gov/healthywater/swimming/rwi/rwi-prevent.html

Or call the Clay County Health Department, 529-2852.



Clay County Health Department
PO Box 578
Green Cove Springs, FL 32043-0578

